

Successful is
your baking
When ROYAL
keeps your bread
On loaves sweet,
tender, tasty
Your family
is well-fed

ROYAL
YEAST
CAKES

MADE IN CANADA

INDIVIDUALLY WRAPPED A NEW APPROACH

Fish Stories

British To Adopt New Tactic To Develop Trade

Among actions put forward for creation of a "better Britain" after the war, a major suggestion for development of the United Kingdom's overseas trade comes from the Association of British Chambers of Commerce.

The association, in a memorandum on the volume and training of people for overseas trade, has proposed a number of steps which should be taken to develop the country's "aptitude and potential capacity" and equipped technically and in the "intangibles of commerce" to meet the "new world." The memorandum also calls for the firm adoption of the country and to eliminate the automatic sales pattern which has frequently in the past been regarded as highly desirable business qualification.

The memorandum stresses a great demand for products of all kinds from all countries, added suggestions for educating these men and women include aptitude tests on scientific principles to determine the line most efficient for each individual, efficient teaching of foreign languages, and a history of the country to be studied.

"And by history is intended history as taught from the overseas countries' text books and not as seen from the British viewpoint."

In such a way the intending travellers get the appropriate background on which to base his contacts and will not make the mistakes of, for example, waving a United Jack—metaphorically speaking—in the face of a child born in an American or talk free trade with a quality rated American nationalist.

The Daily Telegraph, supporting the proposal, said that Britain survives after the war it will have to secure its fair share of international trade and that a merchant who decries would ensure that.

"The office in the past we proceeded in foreign markets on the principle that our potential customers should buy what we offered them not what they wanted," the paper said. The commercial treaty to be by the board. The commercial treaty of the future will take orders from the board. It will stand for the unremunerative attitude of trade it have left."

Home Repairs

Get Pot On Jobs With Broken Furniture

Excessive heat or excessive moisture may cause glued parts of furniture to come apart. To reglue sections of all dry glue from the parts, and paper, apply fresh glue and resin. For this purpose, use adhesive glue especially made for furniture. When gluing parts of the joint together, use a brush to spread the glue together until dry. Allow at least 48 hours for drying. A screw may be inserted in broken joints to keep them in place. The screw should be drilled in to prevent splitting the wood.

The full moon never goes below the horizon during the winter months in the polar regions.

HELP CANADA KEEP FIT

"IT RATES AS
WITH ME"

NABISCO
SHREDDED WHEAT

In peace or war, two Nabisco Shredded Wheat with milk is a favorite breakfast food with men who like to "break." Nabisco Shredded Wheat is 100% whole wheat, retaining all the bran and wheat germ. For general fitness—keep your muscles fit, eat Nabisco Shredded Wheat regularly with Canadian maple syrup.

NABISCO
SHREDDED WHEAT

Fought Way Through

Australian Battalion Reaches Allot

Blue After 53-Day Trek In Jungle
A last battalion of Australian has turned up to fight the Japs again after weeks of privation in New Guinea's dense jungles.

Two Australian officers and 31 infantrymen were cut off from the main Aussie force when, August 30, they crawled and fought their way across the Allied base—reaching it after an heroic 53-day trek. One of the number—a corporal—had been badly wounded. It was reported that the hands and knees after refusing to be a burden to his comrades.

The lost company was led by Capt. Sidney Barker, a veteran of Middle East.

Barker and his men climbed the slopes of the Owen Stanley range, wrote ways troops trying to hold the Japs at Koro, on August 28.

That night and the following day the Japs launched the fiercest attack which carried them to within 32 miles of Port Moresby before they were pushed back.

Barker says his machine-gunners moved down the Japs at a later rate, but that his company was no match for their overwhelming superiority in numbers.

"It was bitter, bloody fighting," he reports. "Tougher than I have ever known."

The Aussie captain says the advance Jap guard was an Australian type unit. The Japs tried to make believe they were Aussie by shouting "Gee whizz" to the Australian, such as "Where are you, Digger?" The Aussie answered that with hand gestures.

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**NIGHT
COUGHS**

YOUR CHILD'S coughing at night means trouble. It may be a cold, a croup, a whooping cough, a pertussis, or a more serious condition. It is important to get the cause of the cough diagnosed and treated as soon as possible. Vicks VapoRub is a safe and effective remedy for all types of coughs.

**VICKS
VapoRub**

To Be Honored

Two medals Expected To Take Home
Lord Tweedsmuir, General Staff Officer (2nd grade) in the intelligence branch of Canadian Army Headquarters, is expected to take his medals in the House of Lords shortly.

A major, he is expected to take his medals in the House of Lords shortly.

He is believed to be the second officer of the Canadian Army to go to the House of Lords in wartime. The other was the late Lord Sloughborough who went to the House of Lords in the First Great War.

Nothing annoys a woman more than to have her friends drop in and find the house looking just like it usually does.

It takes 71 railroad trains, each with a load of 100 tons, to make an army division of 18,000 men with weapons and equipment.

**YOU GIRLS WHO SUFFER
DYSMENORRHEA**

If you suffer monthly cramps, you may be suffering from dysmenorrhea. This is a condition in which the menstrual cramps are so severe that they interfere with your daily life. It is caused by a spasm of the uterine muscles. The pain is usually located in the lower abdomen and may be accompanied by nausea, vomiting, and diarrhea. It is important to get the cause of the cramps diagnosed and treated as soon as possible. Vicks VapoRub is a safe and effective remedy for all types of cramps.

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Welcomed Back

People Learning To Appreciate Their Own Homes

The thrill of an enthusiastic sighting of a new bird is the complete wonderment of people discovering, under their feet, the things that they have a home. In surprise they look around at nearby surroundings. Tentative they try to get out the things where they often have slept. Delight comes upon them when they find that home not only keeps out the rain and cold but is rather a pleasant place.

In imagination they feel that all kinds of things can be done at home, now we are forced to stay there so much. Ginner to say, intimate neighborhood parties, get-acquainted parties to try to the neighborhood. . . . Yes, there probably are children right there at home. Imagine that!

As a matter of fact, home has extended for a long time, and some people have been aware of it. There have been more of his favorite dishes than at any other place, there his political views are seldom challenged, there he hears what he pleases, there he relives his own childhood in the experience of his offspring, there he professes in the garden or mores in an easy chair.

To the quiet, good joys of home the privileges are welcomed back—Municipality, City, County.

WAS MOST IMPORTANT
Benjamin Franklin was a man of letters and politics for the century. He was a man of letters and politics for the century. He was a man of letters and politics for the century.

Put layer of corn flakes in buttered casserole. Cover with layer of apples. Add half the sugar, sprinkles with cinnamon and dot with a third of the butter. Add another layer of corn flakes, remaining apples and sugar. Sprinkle with cinnamon and dot with more butter. Put layer of corn flakes on top. Dot with remaining butter and sprinkle with a little sugar. Cover casserole and bake in moderate oven (325 degrees F.) about 35 minutes or until apples are soft. Serve hot or cold with cream.

The boy, being, largely in the manufacture of plastic was cultivated by the Chinese in 700 B.C.

The Royal Navy's only woman officer is a woman of letters and politics for the century. She is the wife of a soldier.

Building control is lifted through across so fine that it is possible to hold water in them.

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**You Will
Enjoy Postum**

TRY Postum today. Its robust, satisfying flavor is delicious . . . and it saves on sugar, too.

You can prepare Postum right in the cup, either with boiling water or hot milk. It is quick, easy and economical.

Postum contains no caffeine or tannin. Everyone can drink it safely.

**YOU CERTAINLY DO
LOOK WELL, DEAR**

**I'M WORKING
MORE OVERTIME
THESE DAYS
BUT I'VE BEEN
SLEEPING SO MUCH
BETTER LATELY**

**THAT'S BECAUSE
WE'RE SWITCHED
TO POSTUM.**

POSTUM

4 OZ. SIZE MARS 32 CUPS

8 OZ. SIZE MARS 160

Old Musical Instrument

Was Known to Early Colonists

The "Pipilo Flute" is a musical instrument which was known to the early colonists of the United States. It is a simple instrument, consisting of a long tube, shaped like an inverted cone. It is the forerunner of the almost obsolete flageolet and is called flageolet-whistle, and was known in earlier centuries as the Rod Rod or English flute. Its advantages for the purpose of inclusion in the Postum parcels to prisoners are that it is easy to play and difficult to break, and that it is also a considerable musical improvement on the mouth-whistle, which was the favorite instrument of the British Army in the last war and before that.

What really added the Pipilo flute as a serious musical instrument was the discovery of the flageolet, a small instrument, consisting of a long tube, shaped like an inverted cone. It is the forerunner of the almost obsolete flageolet and is called flageolet-whistle, and was known in earlier centuries as the Rod Rod or English flute. Its advantages for the purpose of inclusion in the Postum parcels to prisoners are that it is easy to play and difficult to break, and that it is also a considerable musical improvement on the mouth-whistle, which was the favorite instrument of the British Army in the last war and before that.

POISON IVY

Bites in winter, poison ivy awaits the victim. In early summer, clusters of inconspicuous white flowers arise from the axils of the leaves and are succeeded by round, dark, white fruits of the size of a salt pea. Fluffy at first, the fruits become firm and dry, in which condition they remain on the bushes stems all through the winter. The gardeners' mental and tempting apathy to people ignorant of their character.

COLLECT GARDEN SEEDS

Seeds for gardens in range when Canadian prisoners of war are detained, will be collected under the auspices of the Prisoners of War Relief Association. It was announced that the gardeners' mental and tempting apathy to people ignorant of their character.

**Here's the Answer
to Your Question**

If you cannot get Crown Brand Syrup from your favorite grocer now and then, here is the reason. Because "Crown Brand" in addition to its other uses is being very generally used to supplement the supply of sugar in Canadian Homes, the demand has increased tremendously.

Though there has been a great increase in the use of Crown Brand Syrup, the supply is still being increased rapidly to meet the demand of millions of people of sugar.

Every effort to supply the increased demand is being made. Your grocer will do his best to keep you supplied.

**CROWN BRAND
SYRUP**

**CROWN BRAND
SYRUP**

